

F A V O R I T E   R E C I P E S

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Take a little dish of water cold  
And a little leaven of prayer,  
Add a bit of morning gold  
Dissolved in the morning air.  
Add to your meal some merriment  
And a thought for kith and kin,  
Then as a prime ingredient  
Plenty of work thrown in,  
But spice it all with the essence of love  
And a little whif of play.  
Let a wise old book and a glance above  
Complete the well made day.

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This book is compiled in this form that you may clip  
any recipe and paste it in your own cook book.



## YEAST BREADS

### CHERRY WINDS

1 cake yeast  
1 cup milk  
1/4 cup shortening  
1/2 cup sugar

1 tsp. salt  
1 egg (beaten)  
3-1/2 to 4 cups sifted flour  
1/2 cup chopped candied cherries

Soften yeast in warm water. Scald milk and add shortening, sugar and flour and mix well. Add softened yeast and beaten egg. Add remaining flour and mix well. Beat until smooth. Cover and let rise until light. Stir down and add cherries. Drop by spoonfuls into muffin tins. Sprinkle with sugar. Let rise 30 or 40 minutes. Bake 425° for 30 mins.

Marian Van Osdol

### DINNER ROLLS

1 cake yeast  
2 cups water (lukewarm)  
1/3 cup sugar  
2 tsp. salt

1 egg  
1 cup flour  
3 Tbsp. shortening

Mix all together, then add about three more cups flour and knead thoroughly. Let rise until doubled. Cut off pieces about size of walnut, fold neatly into ball and place three each in greased muffin tin to make clover leaf rolls. Let rise until light, 3/4 hour, and bake in quick oven. For variation, roll raised dough on floured board, spread with butter or shortening, sprinkle with brown sugar, raisins, and cinnamon. Roll and cut in one inch thick rolls, place in pan that has been greased. Let rise and bake. When cold frost with thin icing made from powdered sugar and milk.

Nedra Christensen

### BRAIDED BREAD

1 compressed yeast cake  
1 cupful scalded and cooled milk  
1 Tbsp. sugar  
1 cup flour

Crumble yeast into milk, add Tbsp. sugar and one cup flour. Beat well, cover and set aside to rise until covered with bubbles, about 3/4 hour.

2/3 cup sugar  
1/4 cup shortening  
1 egg

1/2 tsp. salt  
3 additional cups flour

Cream shortening and sugar, add well beaten egg and blend with first mixture, gradually working in rest of flour and salt. Knead thoroughly and place in oiled bowl and let rise until double in bulk, about two hours. Turn onto floured board, divide into three portions, knead each slightly and roll with palms of hands into long strips. Place these side by side and braid together, beginning at the center and working out toward each end. Place on oiled pan, cover and let rise until light - 3/4 hour. Brush over with slightly beaten egg, sprinkle with sugar and bake 35 to 45 minutes in moderately hot oven - 375°. Poppy seeds may be used instead of sugar when sprinkling top of bread.

Nedra Christensen



### SWEDISH RYE BREAD

3 cups luke warm water  
1/2 cup molasses  
1/3 cup brown sugar  
1 cake Fleischmans yeast  
2 cups rye flour, plus enough white  
flour to make a stiff dough.

1 Tbsp. salt  
1 Tbsp. caraway seed  
1 Tbsp. Anise seed  
3 Tbsp. melted shortening

Mix water (2 cups), molasses, sugar and seeds. Add rye flour and yeast dissolved in 1 cup water. Then add salt, shortening and enough white flour to make a stiff dough (about 6 cups). Let rise until double in bulk (about 2 hours in a warmplace). Form into 3 loaves, let rise about 45 minutes and bake in a slow oven one hour.

Hilda Paulsen

### JULEKAGE

2 cakes compressed yeast  
3 cups milk, scalded  
1/2 cup lukewarm water  
3/4 cup sugar  
1/2 cup butter  
1/2 cup currants  
Flour

2 tsp. salt  
2 eggs, beaten  
1/2 cup chopped citron  
3/4 cup chopped raisins  
1/2 cup candied cherries  
1/2 tsp. cardamon, if desired

Dissolve yeast in 1/2 cup lukewarm water. Pour scalded milk over butter. When lukewarm add yeast and sugar. Add half of flour and salt. Beat well for 10 minutes. Add eggs, one at a time, beating thoroughly after each addition. Add fruit and remaining flour. Knead and place in greased bowl to rise. Cover and set in warm place away from drafts. Dough should feel slightly cool to touch. When dough has risen to double in bulk, knead again. Let rise until light, then shape into loaves and place in greased pans. Brush tops of loaves with egg whites. When double in bulk bake in moderate oven 35 to 40 minutes. After removing from oven brush crusts with melted butter and sprinkle with sugar and cinnamon.

Scandinavian Recipes

### LIMPOR (Orange Rye Bread)

2 cakes compressed yeast  
2 Tbsp. sugar  
1 qt. milk (slightly sour)  
10-12 cups rye flour

3 cups white flour  
2 Tbsp. salt  
2 cups corn syrup  
6 orange peels

Dissolve yeast in small amount water, add sugar. Pour lukewarm milk onto rye flour mixed with enough flour to make a soft dough. Add yeast and beat well. Add rest of flour and turn out on board, kneading dough until it is smooth and elastic. Let rise in warm place until double in bulk. Cut orange peel in small pieces and cook in water until tender. Add it and the slightly warmed syrup to the dough. Knead until firm, adding more flour if necessary. Let rise again. Turn onto floured board and knead. Shape into five loaves and place on floured board or cloth to rise until light. Place carefully in greased bread pans, brush tops with warm water. Bake in moderate oven 350° for 20 minutes then increase heat to 400° for 10 minutes. After removing from oven brush with warm water - cover loaves with cloth to keep them soft.

Scandinavian Recipes

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Choose a book as you would choose a friend.



### DOUBLE QUICK LIGHT BREAD

2 cups milk, scalded  
4 Tbsp. sugar  
1-1/2 Tbsp. salt  
3 Tbsp. shortening

2 cakes yeast  
2 cups lukewarm water  
12 cups sifted flour

Combine milk, sugar, salt, and shortening; stir until dissolved and lukewarm. Soften yeast in a little of the water, add yeast and remaining water to cooled milk mixture. Add sifted flour, blend thoroughly. Knead on floured board about 10 minutes. Place in greased bowl, cover and set to rise in warm place for about 1-1/2 hours. Punch gas from dough, cover and let rise for another 1/2 hour. Flatten out, cut and mold into 4 balls; let rest for 15 minutes, closely covered. Shape into loaves. Place in greased loaf pans, cover, let rise about 1-1/4 hours until dough is above pans. Bake in hot oven 400° about 40 minutes. Part of dough can be made into rolls if desired. Makes 4 one pound loaves.

Nedra Christensen

### RAISED ROLLS

4 cups flour  
2 cakes Fleischman's yeast  
1/4 cup sugar  
1 tsp. salt

2 beaten eggs  
1/4 cup melted butter  
1 cup scalded milk, cooled

Dissolve yeast in milk, add sugar, salt, beaten eggs, melted butter, and then flour. Beat up into a stiff batter and let stand for 2 hours. Poke down and mold just a little, let stand for 45 minutes. Shape into small balls and let stand 25 minutes. Bake in a moderate oven from 15-20 minutes. After baked put melted butter over the crust.

Lillian Hauke

### RAISIN BREAD

1 cake Fleischman's Yeast  
1 Tbsp. sugar  
1 cup lukewarm water  
1 cup milk, scalded and cooled  
1-1/2 tsp. salt

6 cups sifted flour  
4 Tbsp. shortening  
3/4 cup sugar  
1 cup raisins, floured

Dissolve yeast and 1 Tbsp. sugar in lukewarm water; add lukewarm milk and 2 cups flour. Cream shortening and sugar together; add to yeast mixture and beat until smooth. Cover and let rise in a warm place until light, about 1-1/2 hours. When well risen add raisins, salt, and remaining flour, or enough to make a soft dough. Knead lightly. Place in well-greased bowl, cover and let rise again until double in bulk, about 1-1/2 hours. Mould into loaves, place in well greased pans to half full, cover and let rise again until light, about 1 hour. Brush with egg beaten with 2 Tbsp. cold water; bake about 45 minutes, 425° for 15 mins., then reduce heat to 375°. Makes 2 loaves. Half of this makes a nice coffee ring. Roll out on slightly floured board and brush with melted shortening. Spread with jam or jelly, sprinkle with cinnamon, sugar and chopped nuts. Shape into ring, cutting thru top of roll every two inches. Let rise until double. Bake as for bread. Spread with confectioners sugar frosting and sprinkle with nuts if desired.

Nora Bue

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Put a seal upon your lips and forget what you have done. After you have been kind, after love hath stolen forth into the world and done its beautiful work, go back into the shade again and say nothing about it.



## QUICK BREADS

### PRUNE BREAD

1 cup sugar	1 tsp. baking soda
1/2 tsp. salt	1 cup sour milk
1 egg beaten	1/2 cup prune juice
2 Tbsp. melted shortening	1/2 tsp. baking powder
1 cup chopped walnuts	1-1/2 cups flour
1 cup drained stewed prunes, cut up	1 cup whole wheat flour

Combine sugar, salt, beaten egg, and mix well. Add melted shortening, nuts, prunes. Mix together soda, sour milk and prune juice. Sift baking powder with white flour and add whole wheat flour. Add flour mixture to egg mixture alternately with sour milk mixture. Beat all together well. Turn into a large greased loaf pan and bake at 325° 1-1/2 to 1-3/4 hours, or until done.

Marian Van Osdol

### DATE CAKE

1 cup walnuts, cut fine	}	Mix and cool
1 cup dates, chopped		
1 tsp. soda		
1 cup boiling water		
1 cup sugar		
1-7/8 cup flour, before sifting, and add to first mixture		

1 egg	}	Mix as for mayonnaise and fold into above
1 tsp. salt		
2/3 cup oil		

Bake 3/4 hour in loaf in moderate oven.

Grace Sisson

### SPANISH BUN CAKE

1 scant cup shortening	}	cream together	4 cups flour	}	sift together
2 cups brown sugar			1 tsp. cinnamon		
4 egg yolks, beaten			3/4 tsp. salt		
2 egg whites			1 tsp. soda		
1 cup sour milk					
1/2 cup nut meats					
1 Tbsp. vanilla					

Pour into 10x12" pan which has been lined with greased paper. Frosting and cake are baked together by sprinkling 1/2 cup nut meats over batter, then pouring over all two stiffly beaten egg whites mixed with 1 cup brown sugar. Topping burns so easily that a paper tent may be used after top is the right brown. Batter should be a little stiffer than ordinary cake. Water may be added to thin.

Carol Nygaard

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Life is not so short but that there is always time enough for courtesy.  
-Emerson



### BANANA BREAD

1 cup white sugar  
1/2 cup shortening  
4 Tbsp. sour milk  
3 large bananas

2 eggs  
1 tsp. soda  
2 cups flour  
1/2 tsp. salt

Combine sugar and shortening, creaming well. Add sour milk and eggs. Add soda and salt to flour and add alternately with mashed bananas. Bake slowly one hour or longer at 300° in greased bread tin.

Marian Van Osdol

### SOUR MILK BAKING POWDER BREAD

1 cup brown sugar }  
1 egg } beat together well

1 cup sour milk }  
1 tsp. soda } Mix together and add to first mixture  
1 tsp. salt }

3 cups sifted bread flour }  
1 tsp. baking powder } Sift together and add to above

1 cup raisins

Bake 50 minutes to one hour.

Emily Olsen

### BLITZ KUCHEN CAKE

1/2 cup sugar }  
1/2 cup butter } Cream together  
4 beaten egg yolks  
6 Tbsp. milk  
1 cup flour  
1 tsp. butter

4 egg whites beaten stiff }  
1 cup sugar } Mix

Put batter in two cake tins. Spread egg white mixture on batter about 1/2 inch from edge of pan. Cover with chopped nuts. Bake in 325° oven for 35 mins. Turn one layer meringue side down on plate, place other layer on top meringue side up. Make a custard filling for between layers.

Emily Olsen

### BANANA BREAD

1/2 cup sugar  
1/2 cup butter  
2 eggs  
pinch salt

3 mashed bananas  
3 Tbsp. sweet milk  
1 tsp. soda  
2-1/2 cups flour

Cream butter and sugar in mixer and add unbeaten eggs one at a time, and bananas. Fold in flour, salt, soda and milk. Bake 3/4 hour or more in slow oven.

Carol Nygaard

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To err is human, to forgive divine.  
-Pope



### LEPSE

2 eggs  
1 cup white syrup  
1/2 cup sugar  
Flour to desired consistency

1 cup milk  
pinch salt  
2 tsp. baking powder

Beat eggs, add sugar and syrup. Sift dry ingredients together.  
Add milk and flour alternately. Roll out and bake in moderate oven.  
Hilda Andersen

### QUICK MUFFINS

2 cups flour  
3-1/2 tsp. baking powder  
2 Tbsp. sugar  
1 cup milk

1 tsp. salt  
1 egg  
2 Tbsp. melted butter or fat

Mix well and put in greased muffin tins. Bake at 375° about 20 mins.  
Hilda Andersen

### NUT BREAD

1/2 cup sugar  
4 cups flour  
1 tsp. salt  
1 cup chopped walnuts

1-1/2 cups milk  
6 tsp. baking powder  
1 egg

Mix together, let raise 20 minutes, and bake in moderate oven.  
Eleanor Rasmussen

### QUICK COFFEE CAKE

2 cups flour  
4 tsp. baking powder  
1/4 tsp. salt  
2 Tbsp. sugar  
4 Tbsp. shortening  
1 egg  
3/4 cup milk

Topping:  
4 Tbsp. flour  
1 Tbsp. butter  
1/2 cup brown sugar  
1 tsp. cinnamon

Mix and sift flour, baking powder, salt & sugar. Cut in shortening.  
Add beaten egg and milk. Spread to thickness of 1" in shallow pan,  
with topping spread on top. Bake in oven 375° about 30/45 minutes.  
Ethel Berry

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So long as we Love, we serve;  
So long as we are loved by others  
I would almost say we are indispen-  
sable; and no man is useless while  
he has a friend.

Robt. Louis Stevenson.

\* \* \* \* \*

Our doubts are traitors, and make us lose the good we oft might win,  
by fearing to attempt.

-Shakespeare



## COOKIES

### NUT TORT

6 eggs  
1-1/2 cups sugar  
1/2 cup flour (1 Tbsp. over 1/2 cup)

1 tsp. baking powder  
2-1/2 cups walnuts

Beat yolks very well, add sugar and beat 15 minutes more. Add flour and beat well, add egg whites and nuts. Bake 50 minutes at 350°.  
Cut in squares and serve with whipped cream.

Jordis Tetli

### BUTTER FINGERS

7/8 cup butter  
1 cup nuts  
5 Tbsp. sugar

2 cups flour  
1 tsp. vanilla  
1 Tbsp. water

Roll in small balls and press flat with fingers. Sprinkle with sugar before baking. Bake 15 mins., 400°.

Jordis Tetli

### SPICE SQUARES

Cover 1 cup raisins with water and cook 20 minutes.  
Drain liquid off and use 1/2 cup.

1/4 cup Spry  
3/4 cup sugar  
1 egg  
1/2 cup raisin liquid

} Cream  
together

1-1/2 cups flour  
1 tsp. soda  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1/4 tsp. salt

} Sift  
together

Add sifted mixture to creamed mixture. Pour in shallow pan and bake in 350° oven 25 minutes. Ice with powdered sugar icing if desired. Cut in squares.

Mrs. Ed Hjorten

### GUM DROP COOKIES

4 eggs  
2-1/2 cups brown sugar  
2 cups flour

1 cup chopped nuts  
18 large gum drops cut fine

Beat eggs, add sugar and mix well. Add flour, nuts and gum drops. Spread thinly on greased and floured pan. Bake 20 minutes.

Hilda Andersen

### NORSK HJORTEBAKELSE

1/2 cup butter  
1 cup sugar  
4 eggs  
4 cups flour

1 tsp. baking powder  
1/4 tsp. salt  
1 tsp. cardamom  
1 tsp. brandy

Cream butter and sugar. Add beaten eggs. Sift dry ingredients and add brandy. Let stand about an hour. Roll dough between hands and make rings. Cook in deep fat as doughnuts or fattigmand.

Hilda Andersen



### SPRITS

1 cup butter  
1 cup powdered sugar  
2-1/2 cups flour

2 egg yolks, beaten  
1/2 tsp. salt  
1 tsp. almond extract

Cream butter, beat in powdered sugar; add almond extract and egg yolks. Add flour and salt and mix well. Put dough in cookie press and make cookies of various designs. Brush tops with beaten egg whites to which 1 tsp. water has been added. Sprinkle with crushed loaf sugar. Bake about 10 minutes in hot oven until a light brown.

Scandinavian Recipes

### SUGAR COOKIES

1/2 lb. butter  
1/2 lb. sugar  
vanilla or caraway seed

3 eggs  
1/2 tsp. baking powder  
Flour enough to make a stiff dough

Mix together well, roll out thin and cut with cookie cutter.

Mrs. R. Johnson

### CHRISTMAS ROCKS

1 cup butter or Crisco  
1-1/2 cups sugar  
3 eggs, well beaten  
3 cups flour

1 tsp. baking soda dissolved in  
1 Tbsp. hot water  
1 cup walnut meats  
1 cup raisins *or prunes*

Mix together well, drop on buttered pan by teaspoon. Bake in a rather slow oven.

Mrs. R. Johnson

### BERLINER KRANSE

1 lb. butter  
1-1/2 cups sugar  
flour

4 egg yolks  
2 egg whites

Cream sugar and butter, stir in eggs and enough flour to make a stiff dough. Cut off a small piece, roll lengthwise and form into circle. Dip in well beaten egg and either granulated or powdered sugar and bake in a moderate oven.

Mrs. R. Johnson

### ROLLED OATS COOKIES

1 cup sugar  
1 cup butter or shortening  
1 tsp. baking powder

2 cups rolled oats  
4 Tbsp. cream  
1 cup flour, or more

Mix together well, drop by spoonfulls on a cookie sheet. Bake in a moderate oven.

Mrs. R. Johnson

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It is a good and safe rule to sojourn in every place as if you meant to spend your life there, never omitting an opportunity of doing a kindness, or speaking a true word, or making a friend.

-Ruskin



## ICE BOX DATE COOKIES

### First Part

1 cup brown sugar  
1 cup white sugar  
1 cup shortening  
3 eggs  
4 cups flour  
1/2 tsp. salt  
1/2 tsp. soda  
1/2 tsp. cinnamon

### Second Part

1 pound dates  
1/2 cup sugar  
1/2 cup water

} Boil together  
and cool

Mix and roll first part flat like for jelly roll and spread filling, second part, on. Roll up like jelly roll, slice thin and bake. Usually it is best to mix and roll in the morning, then chill, and cut and bake in the afternoon.

Mrs. A. Kvistad

## OATMEAL COOKIES

1 cup shortening  
3/4 cup brown sugar  
3/4 cup white sugar  
1 tsp. vanilla  
2 eggs  
2 pkgs. chocolate chips

1-1/2 cups sifted flour  
1 tsp. soda  
1 tsp. salt  
2 cups oatmeal  
1 cup walnuts  
1 cup raisins, (cooked in  
2 Tbsp. water)

Cream shortening, add sugar and cream well. Add vanilla, then eggs one at a time and beat. Add dry ingredients which have been sifted together. Add rest of ingredients. Drop by spoonful on greased pan. Bake about 375°, 10 to 12 mins.

Mrs. A. Kvistad

## DATE AND NUT FINGERS

1/4 tsp. salt  
3 egg whites  
1-3/4 cup confectioners sugar  
1 tsp. vanilla

1 Tbsp. flour  
2 cups broken pecan meats  
1 cup chopped dates

Add salt to egg whites; beat to stiff foam. Add sugar sifted with flour, one tablespoon at a time; continue beating until very stiff. Fold in nut meats, dates, and vanilla. Drop from teaspoon onto cookie sheet covered with unwarmed paper. Shape into fingers, either by hand or with spoon. Bake in slow oven, 300°, 35 minutes. Makes 2 dz. fingers.

Nora Bue

## APPLE COOKIES

2 cups sifted flour  
3 tsp. baking powder  
1 tsp. salt  
1/2 cup shortening  
1 cup sugar

2 eggs, beaten  
1 tsp. grated lemon rind  
1 tsp. vanilla  
1 cup ground, unpeeled apples

Sift together flour, baking powder & salt. Cream together shortening and salt until light. Add eggs, beat well. Add lemon rind, vanilla and apples. Add flour mixture, blend well. Drop by teaspoonfuls on greased baking sheet. Bake 350° for 15 minutes. Makes 5 dz.

Nora Bue



### CREAM PUFF SHELLS

1/2 cup shortening  
1/8 tsp. salt  
1 cup boiling water

1 cup sifted flour  
4 eggs unbeaten

Add shortening and salt to water and heat to boiling. Reduce heat and add flour. Stir vigorously until it forms a ball around spoon, leaving pan clean. Remove from heat. Add one egg at a time, beating vigorously after each addition. Drop by tablespoon on ungreased baking sheet. Bake at 450° for 20 minutes. After 20 minutes reduce heat to 350° and bake 20 minutes longer.

Nora Sue

### ICE CREAM COOKIES

6 Tbsp. butter  
6 Tbsp. confectioners sugar  
1 beaten egg yolk

1 tsp. vanilla  
1 cup flour

Cream butter and sugar thoroughly, add egg yolk and vanilla, beat well. Add flour and drop from teaspoon onto ungreased cookie sheet. If desired decorate with bits of candied fruit, nut meats, or cherries. Bake in moderate oven 350° 15 to 20 minutes. Makes 2 dz. cookies.

Nora Sue

### CHOCOLATE CORNFLAKE MACAROONS

5 egg whites  
1/2 tsp. salt  
3/4 cup sugar

1 cup semi-sweet chocolate  
1 tsp. vanilla  
3 cups corn flakes

Fold salt to egg whites, beat. Gradually add sugar, beat very stiff. Fold in remaining ingredients. Drop from tip spoon onto greased cookie sheet. Bake in moderate oven 350° for 15 minutes. Makes about 6 dz.

Nora Sue

### COCOANUT SQUARES

5 egg yolks, beaten  
1-1/2 cups sugar (add gradually to egg yolks)  
2-1/2 cups flour  
5 egg whites, beaten & folded in

1 cup water  
2 tsp. baking powder  
pinch salt  
1 tsp. vanilla

Bake in oblong pan about 30 minutes. When cool cut in small squares and frost individually as follows:

1/2 cup butter  
3 cups powdered sugar  
3 Tbsp. milk or cream  
1 tsp. vanilla

Frost individual cakes on all sides and then roll in browned coconut

Brown the coconut in oven until light brown, stirring occasionally so it doesn't burn.

Ethel Berry

Lincoln's heart was as great as the world, but there was no room in it to hold the memory of a wrong.

-Emerson.



6 egg yolks  
1 Tbsp. melted butter  
1/8 tsp. salt  
Flour enough to roll out

6 Tbsp. sweet cream  
4 Tbsp. sugar  
1/8 tsp. ground cardamom

Beat eggs well, add sugar and mix well. Add rest of ingredients. Roll thin, cut in diamond shape and fry in deep fat at 370° for 2 or 3 minutes or until golden brown. Dust with powdered sugar.

(Scandinavian Recipes)

#### ALMOND COOKIES

1 egg  
1/2 cup brown sugar  
1/2 cup white sugar  
3/4 cup shortening  
3/4 cup chopped nuts

2 cups flour  
1 tsp. baking soda  
1 tsp. cream tartar  
1/2 tsp. salt  
1 tsp. almond extract

Drop by teaspoon on greased pan and flatten with fork.  
Bake in 350° oven about 10 minutes.

Mrs. Ed Hjorten

#### FROSTED COOKIES

7/8 cup shortening  
4 Tbsp. powdered sugar  
1/4 tsp. salt  
2 cups cake flour

2 tsp. vanilla  
1 tsp. water  
nut meats

Blend shortening and sugar and salt. Add flour, vanilla and nut meats. Makes a tough dough - add nut meats. Roll a teaspoon full, dip in a shallow bowl of flour to a ball. Place on cookie sheet. When sheet is full flatten cookies by placing a clean cloth over the sheet and pressing each cookie down with bottom of a glass. Bake 10-15 minutes at 350°. When cool, frost with confectioner's sugar icing, a very small amount on each one or three cookies and enjoy.

Jennie Kelm

#### FROZEN TARTS

308'  
3 Pkgs. Philadelphia Cream Cheese }  
1/2 lb. (butter) } Cream together  
2 cups flour

Chill in refrigerator. Roll out on a floured or greased surface. Roll out a disk of dough, place in a square or circle. Bake in deep fat at 375°.

Eda Hauke Ross

#### NORWEGIAN WREATH COOKIES

4 cooked egg yolks  
4 raw egg yolks

1 cup sugar  
6 cups flour  
2 cups butter

Beat egg yolks, add sugar and mix well. Add rest of ingredients. Roll thin, cut in diamond shape and fry in deep fat at 370° for 2 or 3 minutes or until golden brown. Dust with powdered sugar.

Emily Olsen



### SCOTCH TRILBIES

2-1/2 cups all purpose flour  
1 tsp. soda  
1/2 cup butter  
1/2 cup shortening  
1 cup brown sugar firmly packed  
1 cup water

2 cups oatmeal  
1/2 cup sour milk  
1 lb. pitted dates or  
3-1/2 cups chopped dates  
3/4 cup sugar

Sift flour, measure and sift again with soda. Cream butter and add sugar gradually, creaming until light and fluffy. Combine flour with oatmeal, add alternately with milk to creamed mixture, mixing well after each addition. Chill. Roll to one half inch thickness on lightly floured board, cut with cookie cutter. Bake on well greased cookie sheet 15 to 20 mins. or until a light brown in a moderate oven 350°. Move to rack and cool.

#### Filling:

Cook dates, sugar and water together 5 minutes and chill. To serve put two trilbies together with date filling. Makes about three dozen cookies.

Wilma Englund

### APPLE OATMEAL BARS

1 cup flour  
1/2 tsp. salt  
1/2 tsp. soda  
1/2 cup brown sugar

} Sift together

Add 1 cup oatmeal, and cut in half cup Crisco or part butter. Crumble together. Use half pot in pan. Slice apples on top, dot with 2 Tbsp. butter and 1/2 cup brown sugar. Cover with rest of crumb mixture. Bake 350° oven about 40 minutes.

Carol Nygaard

### ANISE DROPS

4 eggs  
1-1/2 cups sugar  
2 cups flour, sifted 3 times

1 tsp. baking powder  
6 drops oil of Anise

Beat eggs very light, stir in sugar and beat hard for 1/2 hour. When very light fold in flour and baking powder. Add anise oil a drop at a time, beating after each drop. Let it stand for 8-10 hours, then drop on greased tins by small teaspoonfuls. Bake a very light brown.

Johanna Nielsen

### SWEDISH BALL COOKIES

1 cup butter  
1/4 cup sugar  
2 tsp. vanilla

2 cups chopped pecans, or any nut  
2-1/4 cups pastry flour  
1/4 tsp. salt

Cream butter, add sugar, beat well. Add other ingredients and bake in moderate oven, 325° about 25 mins. As soon as baked dip in powdered sugar.

Emily Olsen

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If to do were as easy as to know what were good to do, chapels had been churches, and poor men's cottages princes' palaces.

-Shakespeare



### CHOCOLATE SPANISH CREAM CAKE

1/2 cup butter  
1-1/2 cups sugar  
6 Tbsp. cocoa  
5 Tbsp. boiling water  
few grains salt

2 cups sifted cake flour  
3 tsp. baking powder  
1/2 cup milk  
1 tsp. vanilla  
4 egg whites, beaten

Cream butter and sugar. Mix cocoa with boiling water and add to creamed mixture. Sift dry ingredients and add alternately with liquid. Fold in stiffly beaten egg whites. Bake in two 9" layer cake pans in a pre-heated oven 350° for 25-30 minutes.

Johanna Nielsen

### NEVER FAIL CHOCOLATE CAKE

1/2 cup butter or shortening  
2 cups sugar  
4 eggs  
3 squares chocolate  
2-1/3 cup cake flour

3 tsp. baking powder  
1 tsp. salt  
1 cup milk  
1 tsp. vanilla

Cream shortening and sugar. add eggs one at a time, then add melted chocolate. Sift dry ingredients, and add alternately with milk to which vanilla has been added. Bake in two 9" layer pans at 375° for 40 minutes.

Filling: Cream together a slice of butter and a whole egg. Add 2 cups powdered sugar. Then add 3 Tbsp. chocolate melted in hot coffee, and vanilla.

Madeline Kvistad

### EGYPTIAN DREAM CAKE

1/2 cup butter  
1-1/2 cup sugar  
4 egg yolks  
4 Tbsp. chocolate dissolved in  
4 Tbsp. boiling water  
1 tsp. vanilla

1/2 cup milk  
1-3/4 cups flour  
2 tsp. baking powder  
1/2 cup chopped nuts added  
to flour before adding  
to mixture

Fold in stiffly beaten egg whites last. Bake in 2 layers.

Frosting: Cream 1/2 cup butter, add powdered sugar and enough cocoa to color, cold coffee and vanilla. 350°, 35 min.

Johanna Nielsen

2 Tbsp.

few drops

\*\*\*\*\*

Wrinkles disfigure a woman less than ill nature.

-Dupuy

4 sections  
renewed  
baking  
choc.



### PIEAPPLE FLUFF CAKE

3 egg whites  
1/4 tsp. salt  
3/4 cup sugar  
3 egg yolks

1-1/2 tsp. lemon juice  
1/4 cup pineapple juice  
3/4 cup cake flour  
1/2 tsp. baking powder

Beat egg whites with salt to form moist glossy peaks, gradually beat in one half the above amount of sugar. In a larger bowl beat egg yolks, add remaining half of sugar, beat until thick. Add lemon juice and pineapple juice and beat until sugar is dissolved. Add flour sifted with baking powder. Fold in egg white mixture. Bake in ungreased angel food pan for 1 hour at moderate heat, 325°. Invert to cool. Serve with whipped cream or thin powdered sugar icing.

Jennie Keim

### APPLESAUCE CAKE

3/4 cup shortening  
1/2 cup brown sugar  
1 cup white sugar  
2 eggs  
2-1/2 cups flour  
1-1/4 tsp. soda

1/4 tsp. salt  
1 tsp. cinnamon  
3/4 tsp. cloves  
1-3/4 cup hot applesauce  
1 cup raisins  
1 cup nuts

Cream shortening and sugar. Add well beaten eggs. Then add applesauce alternately with sifted dry ingredients. Lastly add raisins and nuts. Bake 45 minutes at 325°.

Rachel Rasmussen

### APPLESAUCE CAKE

1/2 cup shortening  
1 cup sugar  
1 egg  
2 cups flour  
1/2 tsp. nutmeg  
1/2 tsp. salt  
1/2 cup raisins or currants

1 cup applesauce, sweetened for table use  
1 tsp. soda  
1 tsp. cinnamon  
1/2 tsp. allspice  
2 Tbsp. hot water  
1/2 cup nuts, chopped

Cream shortening, sugar and egg. Add sifted dry ingredients and applesauce. Before the last of applesauce is added add in some raisins or currants. Add raisins and nuts last. Bake in loaf pan about one hour, 350°.

Signe Gagnet

### YUM YUM GEMS

1/2 cup shortening  
1 egg  
2 cups flour  
1 cup raisins  
1 cup brown sugar

1 cup sour milk  
1 tsp. soda  
1/2 tsp. cloves  
1 tsp. nutmeg

Mix shortening and sugar. Add egg. Add sifted dry ingredients and sour milk. Add raisins and nuts. Pour into greased cup cake tins or use paper baking cups. Bake in moderate oven, 350°, for 15 or 20 minutes. Makes about 18 cakes. These keep well and are good with or without icing.

Lenore Hauke

\* \* \* \* \*

We pardon in the degree that we love.



2/3 cup shortening  
1-3/4 cup sugar  
3 eggs  
3 cups cake flour

3 tsp. baking powder  
1 tsp. salt  
1 cup milk  
1 tsp. vanilla

Cream shortening, add sugar and beat until creamy. Add eggs, one at a time, beating after each addition. Sift flour, baking powder and salt and add to creamed mixture alternately with milk. Add vanilla. Bake in oven to 425° - then bake at 375° for 30 or 35 minutes.

Grace Johnson

#### SUNSHINE LAYER CAKE

2-3/4 cups sifted cake flour  
2-3/4 tsp. baking powder  
1/2 tsp. salt  
3/4 cup butter

1-1/4 cup sugar  
3 egg yolks  
3/4 cup milk  
1/2 tsp. lemon extract

Mix in the usual manner - bake at 375° 20-30 minutes.

Marilee Johnson

#### WHITE CAKE

4 eggs  
2 cups sugar  
1 cup milk  
2 Tbsp. butter

2 cups cake flour  
2 tsp. baking powder  
1/4 tsp. salt  
1 tsp. vanilla

Beat eggs well. Add sugar, sifted flour and baking powder. Add to creamed butter, milk and vanilla. Bake in 375° oven.

Hilda Anderson

#### CHRISTMAS CHERRY CAKE

2-1/4 cups flour  
3 tsp. baking powder  
1/2 tsp. salt  
1-1/3 cups sugar  
1/2 cup shortening

1/4 cup cherry juice  
16 cherries cut in 8ths (Marachino)  
4 egg whites  
1/2 cup chopped nuts  
1/2 cup milk

In all dry ingredients, flour, salt, baking powder and sugar, add the shortening, cherry juice and milk and beat until combined. Then add the egg whites. Bake for 40 minutes in 350° oven until done.

Jordis Tetli

#### LEMON CAKE PIE

1 cup sugar  
1 Tbsp. butter  
2 egg yolks  
1 cup milk

2 Tbsp. flour  
Juice and grated rind of  
1-1/2 lemons  
Whites 2 eggs

Beat sugar and butter until creamy. Add egg yolks and milk. Beat until combined. Sift flour and add to mixture. Beat until combined. Add lemon juice and rind. Beat until combined. Add egg whites. Beat until combined. Bake in 350° oven until done.

Jennie Kelm



### COWBOY CAKE

2-1/2 cups flour  
2 cups brown sugar  
1/2 tsp. salt  
2/3 cup shortening  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg

} Mix together and take out 1/2 cup  
for topping of cake

2 tsp. baking powder  
1/2 tsp. soda  
2 eggs  
1 cup sour milk

} Add to first mixture and spread in  
greased pan

Add to 1/2 cup topping 1/2 tsp. cinnamon and a few chopped nuts.  
Put topping on bake batter. Bake at 375° about 15-20 minutes.

Hilda Andersen

### BANANA SPICE CAKE

1-1/2 cup sugar  
1/2 cup butter  
2 eggs  
1/4 cup sour milk  
2 cups cake flour  
1 tsp. baking powder

1 tsp. soda  
1/2 tsp. salt  
1 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 tsp. cloves  
1 cup mashed bananas

Mix together in usual fashion. Bake in moderate oven about 40 mins.

Bernice Johnson

### CHOCOLATE CAKE

1/2 cup butter (part shortening)  
1 sq. Bakers chocolate  
3 eggs (beaten together)  
1 tsp. baking soda  
1 tsp. baking powder  
2 cups cake flour

1 cup white sugar  
1 cup brown sugar  
1/2 cup water  
1/2 cup buttermilk  
1/2 tsp. salt  
1 tsp. vanilla

Cream shortening & sugar, add beaten eggs and melted chocolate. Fill  
cup with water & buttermilk and add soda. Mix alternately with flour  
to which has been added baking powder. Add vanilla. Makes two good  
sized layers. Bake about 350° for 25 to 30 mins.

Hilda Paulson

### GINGERBREAD

1 cup sugar ) mix together  
1 large egg )  
1 cup boiling water )  
1/2 cup lard melted in water )  
1 tsp. ginger  
flour (about 1-1/2 cups)  
salt

1/2 cup black molasses ) Mix until  
1 tsp. soda ) foamy in cup

Add molasses mixture to first mixture, then add water with lard. Add enough  
flour for soft, runny batter. Bake about 1/2 hour.

This can also be made with other kind of shortening by creaming it with  
sugar first and using 1/2 cup sour milk with 1/2 cup boiling water.

Mrs. L.R. Tennant

\* \* \* \* \*

In the men whose childhood has known carcasses there lies a fiber of memory  
which can be touched to nobler issues.

-George Eliot

### "LAST MINUTE" FRUIT CAKE

1/2 cup shortening	1/4 cup water or brandy
1 cup sugar	1/4 cup almonds (cut fine)
1 egg	1/4 cup walnuts
1 cup unsweetened applesauce	1/8 cup raisins or currants
2-1/2 cups cake flour	1/4 cup dates (cut fine)
1/2 tsp. nutmeg	1/4 cup candied cherries
1/2 tsp. cinnamon	1/4 cup candied pineapple
1 tsp. soda	1/4 cup candied lemon peel
1 tsp. salt	

Cream shortening, add sugar and cream thoroughly. Blend in well beaten eggs and add the cooled applesauce. Sift flour once before measuring, then sift flour, spices, salt and soda. Add alternately with water to creamed mixture, then add fruit and nuts which have been mixed with last addition of flour. Pour into greased and floured pan. Bake 45 minutes at 350° in 8" square pan.

Grace Sisson

### UP-SIDE-DOWN CAKE

2 Tbsp. butter ) Melt butter in large skillet over slow fire and  
1/2 cup brown sugar) sprinkle evenly with sugar. When sugar is melted  
remove from stove and arrange fruit over sugar.

3 egg yolks, beaten	} While beating eggs gradually add the sugar, then the water
1/2 cup sugar	
1/2 cup boiling water	

1 cup sugar	} Sift together and fold into above mixture
1-1/2 cup cake flour	
1 tsp. baking powder	
1/4 tsp. salt	

3 egg whites stiffly beaten and folded in last.

Pour over fruit in skillet and bake 350° oven about 45 minutes. Turn out on rack immediately. Pineapple, peaches, apricots or rhubarb may be used

Carol Nygaard

### WHITE FRUIT CAKE

2 cups butter	} Cream together	1 lb. each of raisins, salted
2 cups sugar		and dates
12 eggs - beaten in one at a time		1/2 lb. each citron, cherries (cut)
4 cups flour		1/4 lb. each lemon, orange peel
1 lemon, juice and grated rind		2 slices candied pineapple, sliced
1 orange, juice and grated rind		2 tsp. salt
4 cups nuts, chopped		2 tsp. baking powder

Bake 1 to 1-1/2 hours in slow oven.

Petra Henningsen

\* \* \* \* \*

The great use of life is to spend it for something that outlasts it  
-Wm. James



## FROSTINGS and FILLINGS

### SOUR CREAM FILLING

1 cup sour cream  
1 cup sugar  
2 egg yolks

Stir all together and cook slowly until right to a boil. Add vanilla.  
Emil Olsen

### CLEVER JUDY ICING

1 cup sifted confectioners sugar	2 squares melted chocolate
1 Tbsp. butter	1 egg
1/4 cup milk	1 tsp. vanilla

Cream together the powdered sugar and butter. Add rest of ingredients and beat until smooth and thick.

Marian Van Osdel

### ORANGE AND LEMON FILLING

Grated rind 1 orange	1 egg
Grated rind 1 lemon	1/2 cup sugar
3 Tbsp. cornstarch	1-1/2 cups water
Juice of 1 orange	
Juice of 1 lemon	

Put water, sugar in small pan or frying pan and bring to boil. Beat egg and mix with cornstarch. Add to sugar and water, stirring until thickened. Add juices and rind and cook until thickened. Cool and use for cake filling. (Very fast to make and enough for a three-layered cake.)

Lenore Hauke

### MAMA'S LEMON FILLING

4 Tbsp. butter	2 eggs, beaten
1/2 cup sugar	1 lemon, juice and grated rind

Cook all together in double boiler. Excellent filling for white cake.

Lillian Hauke

### PEANUT CREAM FROSTING

Wash 2/3 cup butter in cold water to remove salt. Cream butter then add 1 cup sifted confectioners sugar gradually and cream until very light and fluffy. Add 1/2 cup peanut butter a small amount at a time. Cream after each addition. Fold in 1/3 cup sifted sugar again. (Good with chocolate cake).

Wilma Englund

\* \* \* \* \*

Remember your tongue is in a wet place and likely to slip.

### GOLDEN CREAM FILLING

1/2 cup sugar  
3 Tbsp. cake flour } Combine in top of double boiler  
1/4 tsp. salt

1-1/2 eggs well gradually added to above, mixed thoroughly, and cooked on stove, stirring constantly. Pour small amount of mixture over 2 slightly beaten egg yolks, stirring vigorously. Return to double boiler and cook 2 minutes longer, stirring constantly. Add 1 tsp. vanilla and cook. If a deeper yellow is desired add a few drops yellow coloring. Makes enough filling to spread between two 9" cake layers.

Wilma England

### CHOCOLATE WALNUT CREAM FILLING

1 square unsweetened chocolate } Heat together in double boiler. When  
3/4 cup milk } chocolate is melted beat with rotary  
egg beater until blended.

6 Tbsp. sugar }  
2 Tbsp. cake flour } Combine and add gradually to chocolate mixture and  
Dash salt } cook until thickened, stirring constantly.

Continue cooking for 5 minutes, add 1 Tbsp. butter and 1 tsp. vanilla. Chill thoroughly. Fold in 1/4 cup cream, whipped, and 1/2 cup chopped walnuts. Makes 2 cupsfuls. Especially good on chocolate cake.

Wilma England

### CREAM ICING

16 Tbsp. soft butter  
24 Tbsp. sifted powder sugar  
3 Tbsp. thick cream or canned milk  
4 Tbsp. boiling water  
4 tsp. vanilla

Cream butter, add sugar a tablespoon at a time. Cream to waxy consistency. Add cream one tablespoon at a time and beat until fluffy, about 10 mins. Add boiling water and beat until cool, add vanilla.

Jordis Tetli

### FOUR MINUTE ICING

1/2 cup white Karo  
4 Tbsp. sugar  
1/4 tsp. cream of tartar  
1 Egg White

Beat over boiling water in double boiler for four minutes. Add marshmallows if desired. Add 1 teaspoon vanilla.

Grace Johnson

\* \* \* \* \*

No one is useless in the world who lightens the burden of it for anyone else.

-Dickens.



FOR CAKE

1/2 cup butter  
1/2 cup powdered sugar  
2 egg yolks, well beaten  
1/2 tsp. vanilla  
2 egg whites

1/2 cup coconut cookies  
1/4 cup walnuts  
1-1/2 tsp. cherries  
1-1/2 tsp. pineapple  
Jordis Tetli

MOCHA ICING

1/3 cup butter  
1-1/2 cup powdered sugar  
1 egg yolk

1 Tbsp. coffee (cooled)  
1 Tbsp. cocoa  
1/3 tsp. salt

Eleanor Rasmussen

HONEYNUT FILLING

1 cup nuts  
2 Tbsp. butter  
1/2 cup honey

1 Tbsp. orange rind, grated  
1 Tbsp. orange juice  
1 egg beaten

Mix together and cook, stirring constantly over low heat. Let cool and spread on coffee bread before rolling up.

Lenora Hauke

WHITE MOUNTAIN ICING

1 cup sugar  
1/3 cup cold water  
salt

Boil until it threads. Pour slowly over beaten egg white. Add flavoring.  
Nedra Christensen

FUDGE FROSTING

3/4 cup brown sugar  
3/4 cup white sugar  
1-1/2 squares chocolate  
salt

3/8 cup milk  
1/2 tsp. vanilla  
1/2 Tbsp. butter

Cook sugar, chocolate and milk until it makes a soft ball when dropped in cold water. Remove from fire, add vanilla and butter and beat until of right consistency to pour.

Nedra Christensen

\* \* \* \* \*

If any little word of ours can make one life  
the brighter;  
If any little song of ours can make one heart  
the lighter;  
God help us speak that little word, and take  
our bit of singing.  
And drop it in some lonely vale, and set the  
echoes ringing.

\* \* \* \* \*

Light after darkness, pain after loss, strength after suffering, crown after cross

## PIES

### RHUBARB PIE

2 cups finely chopped rhubarb  
1 cup sugar  
1-1/2 Tbsp. flour (slightly rounded)

3 Tbsp. water (scant)  
Yolks of 1 or 2 eggs  
Dot with bits of butter

Put egg in bowl, add water and beat. Add sugar and flour, mix thoroughly with rhubarb. Bake in unbaked crust. Pie should be cooked like custard to be done. Add meringue and bake it slowly about 15 minutes.

Nedra Christensen

### SUNLIGHT CHIFFON PIE

1 envelope Knox Gelatine  
1/4 cup cold water  
4 eggs  
1 cup sugar

1/2 cup lemon juice  
1/2 tsp. salt  
1 tsp. grated lemon rind

Add 1/2 cup sugar to beaten egg yolk and cook in double boiler until of custard consistency. Add grated lemon rind and cool. When mixture begins to thicken fold in stiffly beaten egg whites, to which other 1/2 cup sugar has been added. Fill into baked pie shell or delicious in Graham Cracker crust. Chill - before serving top with thin layer whipped cream.

Wilma Englund

### CREAM PIE (NEVER FAIL)

1 cup canned milk  
1 cup water  
1/4 cup flour  
1/2 cup sugar

Pinch salt  
2 eggs (separated)  
1 Tbsp. butter  
1 tsp. vanilla

Blend milk and water in top of double boiler. Take 1 cup of milk mixture and add to it the sugar, salt and flour, mix well and add to milk in boiler. Stir constantly over boiling water until it thickens. Cover and cook 10 minutes, stirring occasionally. Pour over well-beaten egg yolks and return to double boiler. Cook about 2 minutes. Add butter and cool. Add vanilla and pour into pie shell. Beat egg whites for meringue, adding 1/4 cup sugar. Bake in slow oven (325°) until brown.

#### Variations:

Coconut cream pie -- add 1/4 cup shredded coconut to filling.

Chocolate pie -- add 2 squares unsweetened chocolate to milk in double boiler, heating until chocolate is melted and milk scalded.

Banana cream pie -- Slice 3 or 4 bananas into baked pie shell.

Peach cream pie -- Substitute 1/2 tsp. lemon extract for the vanilla, slice 3 fresh or canned peaches into baked pie shell. Top with whipped cream or meringue.

Lenore Hauko

\* \* \* \* \*

The men who try to do something and fail are infinitely better than those who try to do nothing and succeed.

-Lloyd Jones



### LEMON CREAM PIE

3 Tbsp. cornstarch	}	Mix in double boiler
3 Tbsp. cold water		
pinch salt		
2 lemons, juice & grated rind		
1 cup boiling water - add to above and cook		
3 egg yolks and 1 white beaten until fluffy	}	beat together until like whipped cream
1 cup sugar		

Pour egg mixture into first mixture stirring continually until it starts to thicken. Take off stove, add a little butter, cool before putting into pie shell.

Meringue: 2 egg whites	}	Beat whites until stiff - add sugar and baking powder and beat until glossy.
4 Tbsp. sugar		
1/8 tsp. baking powder		

Bake 325° from 10 to 15 minutes.

Madeline Kvistad

### GRAHAM CRACKER PIE

16 Graham Crackers, rolled fine	}	Mix together and pack in pie pan - saving a little for top of pie
1 tsp. flour		
1/2 cup shortening - mostly butter - melted		
1/2 cup granulated sugar		
1 tsp. cinnamon		

#### Filling:

3 egg yolks	2 cups milk
1/4 cup sugar	2 Tbsp. cornstarch
1 tsp. vanilla	

Mix together and cook in double boiler until thickened, cool slightly and pour into shell. Make a meringue of 3 egg whites and 3 Tbsp. sugar. Spread on top of custard. Sprinkle remaining crumb mixture over top and bake in moderate oven (325°) until brown.

Lillian Hauko

### PUMPKIN PIE

1 cup brown sugar	1 tsp. ginger
1 cup white sugar	1 tsp. nutmeg
3 cups milk	1/2 tsp. salt
3 eggs	3 cups pumpkin
2 tsp. cinnamon	

Cook together a while on top of stove, then pour into unbaked shell. Bake about 10-15 minutes at 450° - then reduce heat and cook slowly until set.

Olga Henningsen

\* \* \* \* \*

If there's a job to be done, I always ask the busiest man in my parish to take it on and it gets done.

- Henry Ward Beecher

### APRICOT ANGEL PIE

4 egg whites  
1 cup sugar  
pinch salt

1 Tbsp. lemon juice  
1/2 cup thick apricot pulp

Beat egg whites until stiff and continue beating while adding the sugar a spoonful at a time. Then carefully fold in the apricot pulp, then the lemon juice. Put into baked pie shell and bake in slow oven 350°, for 20 minutes. Garnish with whipped cream and bits of apricot.

Mrs. L.B. Churchwright

### BRUIBURY'S

1 cup raisins, chopped  
1 egg  
1 cup sugar  
juice 1 lemon

Flour the raisins before chopping. Put in eggs without beating. Mix all together and flavor with vanilla or rose water. Bake in muffin tins which have been lined with rich pie crust.

Mrs. R. Johnson

### PECAN PIE

3 eggs, beaten slightly  
1 cup dark Karo, added to eggs  
2/3 cup sugar  
pinch salt  
2/3 cup pecans  
1 tsp. vanilla

Pour into unbaked pie shell and bake 425° for 10 minutes, then reduce heat to 325° and bake 35 to 40 minutes longer, or until silver blade blade comes out clean.

Rachel Rasmusson

### APPLE DUMPLINGS

2 cups flour  
1/2 tsp. salt  
2/3 cup shortening  
6-7 Tbsp. ice water  
6 medium cooking apples  
1/2 cup sugar  
1 tsp. cinnamon  
1 Tbsp. butter

Mix as for pie crust, cut into 6 squares large enough to enclose apples, 7 or 8 inch squares.

Place each apple on a square and fill cavity with sugar and cinnamon mixture, dot with the butter

1 cup sugar  
2 cups water  
1/4 cup butter  
1/2 tsp. cinnamon

Boil 2 or 3 minutes and pour over dumplings placed about 2" apart in baking pan.

Bake very hot oven 450° for 5 minutes, bake 30 minutes longer at 350°. Serve hot with the following sauce:

1/2 cup whipping cream  
1 tsp. vanilla

2 Tbsp. sugar  
1 egg white

Whip cream stiff and fold in sugar and flavoring. Beat egg white stiff and fold gently into cream.

\* \* \* \* \*

Every brave heart must treat society as a child, and never allow it to dictate.  
-Emerson.



## RECIPE

### CHOCOLATE, MARSHMALLOW, GRAHAM CRACKER DESSERT

Cream  $\frac{1}{2}$  cup butter and 1 cup powdered sugar  
 Add three egg yolks, one at a time  
 Add the following syrup:  
      $\frac{1}{2}$  cup sugar  
      $\frac{1}{2}$  cup boiling water  
     1 oz. chocolate  
     2 Tbsp. butter  
      $\frac{1}{2}$  tsp. vanilla

Melt chocolate in double boiler. Add butter and when mixed pour water on slowly, stirring constantly, then add sugar. Bring to boiling point and boil five minutes without stirring. Add vanilla and a little salt. Add 25 marshmallows, each cut in about six pieces. Add 1 cup chopped nuts. Beat egg whites stiff and add to mixture. Line pan with graham crackers (approximately 14) which have been put through food chopper. Pour mixture into pan and cover with half of the graham crackers. Put in refrigerator for at least 24 hours.

Grace Johnson

### APPLE CRISP

4 cups chopped apples	1 tsp. cinnamon
$\frac{1}{2}$ tsp. salt	1 cup sugar
$\frac{3}{4}$ cup flour	$\frac{1}{2}$ cup butter

Butter a shallow baking dish (8 x 10) and put in the apples, chopped or sliced. Sprinkle with salt. Sift flour once before measuring. Mix flour, cinnamon and sugar together and rub in butter until crumbly. Spread this mixture over the apples. Bake uncovered at 325° about 45 minutes. Serve with whipped cream.

Lillian Hauke

### LEMON REFRIGERATOR CAKE

1- $\frac{1}{4}$ cup sugar	1 cup cake flour
$\frac{1}{2}$ cup water	1 tsp. cream tartar
7 eggs	$\frac{1}{8}$ tsp. salt
1 tsp. lemon extract	

Boil sugar and water until it spins a thread. Pour slowly over well beaten yolks of the 7 eggs; place egg bowl in pan of cold water, beating all the time with electric mixer. Fold in sifted flour. Then fold in stiffly beaten egg whites which have been beaten with the cream of tartar and salt. Add lemon flavoring. Bake in angel food pan 1 hour at 325°.

#### Filling:

2- $\frac{1}{4}$ cups sugar	1 Tbsp. lemon rind	1 cup cream, whipped
$\frac{1}{2}$ lb. butter	$\frac{1}{3}$ cup lemon juice	
1- $\frac{1}{2}$ tsp. vanilla	8 eggs	

Cream butter and sugar well, add the vanilla, lemon rind and lemon juice. Add the 8 egg yolks one at a time and beat well after each addition. Fold in the stiffly beaten egg whites and the whipped cream. Cut cake in straight slices. Line large pan with waxed paper. Arrange in layers, cake on bottom, filling on top. More than 1 layer - place in refrigerator 24 hours.

Eda Hauke Ross

### LEMON PUDDING

1 cup sugar  
1 cup milk  
4 Tbsp. flour  
pinch salt

1-1/2 Tbsp. butter  
2 eggs  
juice of 1 lemon

Cream sugar and butter, add beaten yolks, then flour, then lemon and mix well together. Add milk, then stiffly beaten egg whites. Bake in dish set in pan of hot water about 45 minutes in moderate oven. Serve with whipped cream.

Mrs. L.B. Churchwright

### CHESS PIES

1 cup sugar  
1/4 cup butter, melted  
1 egg beaten  
nuts, if desired

1 cup currants or  
seedless raisins  
1 tsp. vanilla

Mix all together well and bake in muffin tin lined with rich pastry. Fill about 2/3 full and bake in moderate oven about 25 mins. Serve with whipped cream.

Mrs. L.B. Churchwright

### CREAM PUDDING

3 Tbsp. brown sugar  
2 egg yolks, slightly beaten  
1/8 tsp. salt  
1 tsp. vanilla

} Mix together

1 cup Pet milk  
1/4 cup water } Stir into above mixture

2 egg whites, beaten until stiff, but not dry  
3 Tbsp. sugar, beaten into egg whites

Fold milk mixture slowly into egg whites. Pour into custard cups, sprinkle top with chopped nuts. Set in pan of hot water and bake in moderate oven about 25 mins.

Mrs. L.B. Churchwright

### TAPIoca PUDDING

6 Tbsp. pearl tapioca (this is the large, buckshot size, barboos)  
4 egg yolks  
1 cup sugar  
1 scant quart milk  
2 Tbsp. flour

Soak tapioca in small amount of water overnight or long, drain off any excess water in morning. Boil in milk in double boiler until colorless. Beat yolks, sugar, and flour together and add to milk mixture, cooking a few minutes until thickened some. Add about 3 Tbsp. cocoanut, or more, and place in casserole. Make meringue of egg whites and cover, sprinkle a little cocoanut on top and bake in oven. (Can be used to place the pudding in a fancy dish, of glass, to set, and then slide the meringue onto the top after it had been baked in a greased pie tin.)

Lillian Hauke

\* \* \* \* \*

Great men are they who see that spiritual is stronger than any material force; that thoughts rule the world.

-Emerson



### WASH DAY PUDDING

2-1/2 cups bread crumbs  
1/2 cup shortening  
3/4 cup sugar  
1 cup raisins  
1 cup sour milk or cream

1 egg  
1 tsp.   
1 tsp.   
1 tsp.   
1 tsp. nutmeg

(If cream is used use less shortening)

Cream shortening and sugar, add soda and spices to sour milk, add crumbs and milk mixture to sugar mixture and add raisins last. Pack lightly in pan and steam about an hour. Serves six or eight.

#### Sauce

1 cup brown sugar  
1 cup hot water  
1 tsp. vanilla

2 Tbsp. butter  
2 Tbsp. flour

Mix sugar, butter and flour well, add water and cook until slightly thick. Add vanilla. This pudding makes a substantial dessert for a hurried meal.

Evalyn Goldie

### PEANUT BUTTER BREAD PUDDING

6 slices stale bread spread with 1/2 cup peanut butter  
1/2 cup raisins

Cut bread in cubes and place in baking dish in alternate layers with raisins.

2 eggs, slightly beaten }  
2 cups milk }  
1/2 tsp. salt }  
3/4 cup brown sugar }

Combine slightly and pour over bread and cover with 2 Tbsp. brown sugar.

Bake in a 350° oven for about an hour.

Evalyn Goldie

### NABISCO DESSERT

1 lb. Nabiscos  
1 cup powdered sugar  
1 pt. whipping cream

3/4 cup butter  
2 egg yolks  
bananas

Line dish with crushed nabiscos. Mix powdered sugar with butter and egg yolks. Cover Nabiscos with this mixture. Slice bananas lengthwise over this and cover with crushed Nabiscos, and whipped cream. Let stand over night.

Frances Gustafson

### VICTORIA PUDDING

1/2 cup butter  
3/4 cup sugar  
2 eggs  
1 cup flour  
cinnamon and mace

1/2 cup milk  
2 Tbsp. any juice or jelly  
1 tsp. vanilla  
1 tsp. soda

Steam 2 hours.

Mrs. L.D. Churchwright

\* \* \* \* \*

What are you worth today? Not in money, but in brains, heart, purpose, character? Tell yourself the truth about yourself.

-George H. Nepworth

### ROME GROT

1 pint very thick, slightly sour cream      1/2 cup flour  
1 pint hot milk      1/2 tsp. salt  
1/2 cup water (to rinse the cream from jar)  
sugar and cinnamon

Put cream and water in jar, gently stir for one hour, stirring occasionally. Add pieces of salt and flour with a little cold water, stirring thoroughly. Cook until thick and butter fat comes out on top. Remove fat and cream. Stir in hot milk and whisk briskly with fast wire beater. Pudding should be very smooth and creamy. Pour into mold and make depressions on top to hold butter fat. Serve hot in dessert dishes and pass sugar and cinnamon to sprinkle on top. The pudding is not a success unless the butter fat comes out on top after flour is added.

Emily Olsen

### REFRIGERATOR DESSERT

1 lb. Nabisco wafers      1/2 cup sugar  
1 pkg. lemon jello      juice of 1 or 2 lemons  
1 large can Borden's milk

Put Nabiscos through food chopper. Divide crumbs in half, reserving half in a large flat dish, reserving remainder for top of dessert. Dissolve 1 pkg. lemon jello in 3/4 cup boiling water. Add sugar to this, let cool and whip. Combine whipped jello and whipped milk. Pour over crumbs in dish. Cover with remaining crumbs and put in refrigerator.

Johanna Nielsen

### DELICIOUS DESSERT

1 pkg. lime Jello      1/4 pound marshmallows  
1 pkg. lemon Jello (or any other)      1 cup drained pineapple tidbits  
1 pkg. cream cheese      2 pints whipping cream

The night before dissolve 1 package jello and let set. Next morning dissolve the other package and let jell. Combine the last four ingredients (cream whipped). Have the orange and jello in a square or oblong pan. Cover with a layer of mixed ingredients. Then add the second variety of jello which has partially set. Chill in refrigerator. Cut in squares or slices and serve.

Rachel Rasmussen

### CHOCOLATE ROLL

3/4 cup sugar      1 tsp. vanilla  
6 Tbsp. chocolate      1/2 cup flour  
1 tsp. baking powder      5 eggs

Beat eggs and sugar until thick. Add vanilla and flour. Beat until stiff and add chocolate. Bake in a 9x5 inch pan. When done, turn out on a greased surface. Spread with whipped cream. Roll up and cut in slices. Serve with a glass of milk.

Jordis Tetli

Her voice was ever soft, gentle and low - an excellent thing in women.  
-Shakespeare



## S A L A D S

### CRAB SALAD

1 pkg. lemon jello, whipped }  
1 Tbsp. vinegar } Let set until almost congealed  
1/2 tsp. salt }

1-1/2 cup crabmeat }  
1 Tbsp. pimento, diced } Stir into above mixture and mold.  
1/2 cup celery, diced }  
1/2 cup mayonnaise }

Serve on lettuce with mayonnaise.

Wilma Englund

### CRAB COCKTAIL SALAD

1 pkg. lemon jello } Dissolve jello in 1 cup only hot water,  
1 can tomato hot sauce } using hot sauce for the other cup liquid.

1 can crab (or shrimp) }  
1/2 cup celery, diced }  
1/2 cup onion, diced } Add to above mixture and mold.  
1/2 tsp. mustard seed }  
1/2 tsp. celery seed }

Lillian Hauke

### TUNA GELATIN SALAD

2 Tbsp. gelatin	1 Tbsp. vinegar
1/2 cup cold water	1 cup chopped celery
3/4 cup mayonnaise	1 cup chopped olives
1/2 tsp. salt	1/2 cup chopped green peppers
1/8 tsp. paprika	1 cup tuna fish flaked
3 Tbsp. chopped pimientos	Dash cayenne pepper

Soak gelatin in cold water a few minutes. Dissolve over hot water and add mayonnaise, salt, paprika, vinegar & cayenne. Mix together flaked tuna, celery, olives, green pepper and pimientos, then add to mayonnaise mixture. Put in moulds which have been dipped in cold water and chill. Serve on lettuce and garnish with mayonnaise.

Grace Sisson

### SURPRISE SALAD

3 Pkg. Lemon Jello (jell) }  
1/2 pt. whipping cream (whip) } Whip both together

1 cup chopped celery	1 cup crushed pineapple
1 small can stuffed olives, sliced	1/2 lb. grated cheese
1/2 cup cashew nuts or almonds	

Add above ingredients to whipped mixture and mould.

Olydia Niemi.

\* \* \* \* \*

Now is the time; ah, friend, no longer wait to scatter loving smiles and words of cheer to those around whose lives are now so dear. They may not meet you in the coming year. Now is the time.

### FROZEN PINEAPPLE SALAD

1-1/2 cups crushed pineapple	3 pimentoes, minced
1 pkg. sweetened orange gelatin	1/2 cup chopped nuts
1/4 cup diced celery	1 Tbsp. gelatin
6 marshmallows, diced	1/4 cup lemon juice
2-3 oz. pkgs. cream cheese	1 cup whipping cream
1/8 tsp. salt	water

Melt pineapple, add water to form a clear liquid. Heat to boiling point, add orange gelatin. Stir until dissolved. Melt 1 Tbsp. gelatin in 1/4 cup cold water and add to first mixture. Stir until dissolved, add lemon juice and salt and mix thoroughly. Chill till partly set. Then add pimentoes, cheese, celery, marshmallows, and whipped cream. Mix and pour into moulds, cover tightly. Serve with fruit salad dressing.

Wilma Englund

### WHITE SALAD

1 qt. shredded cabbage	1 cup crushed pineapple
1 pt. marshmallows	1 cup blanched almonds, chopped
Dressing:	
1/4 cup sugar	} Boil until thick - add 2 egg whites beaten When cool add 1 pt. whipping cream.
1 Tbsp. flour	
1 Tbsp. vinegar	
2 lemons, juice	

Eleanor Hauko Anderson

### COTTAGE CHEESE SALAD

Blend cottage cheese, walnuts, dates and marshmallows. Then add mayonnaise.

Mrs. L.B. Churchwright

### COTTAGE CHEESE SALAD

1 Pkg. lemon jello	} Mix as usual and cool
1 cup hot water	
1 small can crushed pineapple and juice	
2 cups cottage cheese (scant)	
1/2 cup may. with or cream. Fill cup with may. and cream, then mix all together stirring well. Put into moulds and chill.	

Mrs. L.B. Churchwright

### CABBAGE PINEAPPLE SALAD

1 medium head cabbage, shredded  
1 can pineapple, diced  
1/4 lb. marshmallows, quartered  
Mix with salad dressing.

Mrs. L.B. Churchwright

### FRUIT SALAD

2 cups diced pineapple	1 cup diced pears
1/2 cup diced marshmallows	1 cup celery
1/8 tsp. salt	1/2 cup salad dressing
1/2 cup whipped cream	

Mix and chill cream and salad dressing. Mix and chill other ingredients, drain off juices and arrange on lettuce leaves.

Mrs. L.B. Churchwright



### EMERALD SALAD

1 Pt. Blanched almonds  
1 large can pineapple  
1 Pkg. Knox gelatine  
2 cups sugar

1 Pt. sweet pickles  
1 cup water  
1 cup mild vinegar

Boil sugar, water, vinegar and pineapple juice together. Remove from stove and add other ingredients. Serve on lettuce leaves with mayonnaise mixed with cream and sugar, after it has set in mold.

Mrs. L.B. Churchwright

### VEGETABLE SALAD

Dissolve 1 pkg. lemon jello in 1-1/2 cups hot water and let cool. Then add 1 cup shredded cabbage, 1 cup celery cut up, 1/2 cup chopped green pepper, 1 cup miracle whip, and mix well. Mold in rather deep pan, add pimento if desired.

Mrs. L.B. Churchwright

### SILDESALAT (Herring Salad)

3 salt herring  
5 potatoes, boiled  
2 beets, boiled or pickled  
3 tart apples, peeled

2 cups cooked veal  
1 small onion, grated  
1 stalk celery  
1 cucumber pickle

Soak herring over night. Dry and remove skin, bones and waste. (Cubo herring, potatoes, beets and apples. Use celery and pickle. Just before serving combine all ingredients with salad dressing.

#### Salad Dressings:

Yolks of 2 hard cooked eggs  
1/2 cup salad oil  
1/2 tsp. dry mustard  
1 Tbsp. sugar

2 raw egg yolks  
4 Tbsp. vinegar  
1/2 tsp. salt  
1/4 tsp. white pepper

Garnish with sliced hard cooked eggs and pimento strips.

"Scandinavian Recipes"

\* \* \* \* \*

"God might have used His sunset gold so sparingly  
He might have doled His blossoms out quite grudgingly,  
He might have put one too star in all the sky,  
But since He gave so lavishly,  
Why shouldn't I?"

## CASSEROLE and LUNCHEON DISHES

### CLAM LOAF

2 eggs, beaten well  
1 pt. cooked ground clams & juice

1/2 lb. pork sausage  
3/4 cup cracker crumbs

Mix together well and bake in buttered baking dish 30 or 40 minutes in moderate oven. Cream sauce with parsley & chopped egg, or serve with catsup.

Ethel Berry

### TUNA SANDWICH

1-13 oz. can tuna (oil drained from tuna, or  
2 Tbsp. butter (if tuna is not packed in oil)  
3 Tbsp. flour  
1 cup milk  
1 tsp. salt

few grains pepper  
6 slices bread  
1-1/2 cup grated cheese

Drain oil from tuna. Blend oil with flour, then stir in milk gradually. Cook over medium heat, stirring constantly until thickened. Add flaked tuna, salt, pepper and blend thoroughly. Toast bread on one side. Place in broiling pan, pour creamed tuna over untoasted sides. Sprinkle with grated cheese and brown under the broiler.

Olga Henningsen

### QUICK TUNA LUNCHEON DISH

1 pkg. potato chips  
1 can tuna

In a greased casserole put 1 layer potato chips, then tuna, then potato chips. Cover with a white sauce and bake in a moderate oven 15 to 20 minutes. Hard boiled eggs may be added to cream sauce.

Olga Henningsen

### ENGLISH MUFF

2 eggs, beaten  
2 cups milk  
1 cup grated cheese (sharp)  
1/2 tsp. salt

1/2 tsp. mustard  
Small amount garlic  
6-8 slices stale bread,  
cut in cubes

Beat eggs, add milk, seasoning and cheese. Put cubed bread in flat pan and cover with egg mixture. Bake in moderate oven 1/2 to 3/4 hour.

Johanna Nielsen

### EASY TO EAT SPINACH

Cook spinach. Make dressing by cutting bacon fine and frying crisp. Add flour to fryings to thicken like making gravy. Add 1/2 water and 1/2 vinegar liquid. When thick pour over spinach. Decorate with hard boiled eggs. Even children like it this way.

Leona Tolonen

\* \* \* \* \*

Reputation is what men and women think of us; character is what God and the angels know of us.

-Thomas Paine



### ROUND STEAK DINNER

Cut round steak into cubes. Place layers of sliced raw potatoes, onions, and steak in pan. Repeat twice, then add 1 cup tomatoes, seasoning and 1 cup sour cream and bake about an hour. Roll meat in flour before placing in pan.

Mrs. A. Kristad

### SALMON LOAF

1/2 lb. canned salmon or 1 lb. fresh salmon	1/2 cup scalded milk
2 Tbsp. melted butter	1 Tbsp. lemon juice (if liked)
2 egg yolks	1 tsp. chopped parsley
1/2 tsp. salt	1/2 cup soft crumbs
1/8 tsp. pepper	
2 egg whites, slightly beaten	

Remove the bones from salmon, add melted butter, beaten yolks, salt, pepper, milk, lemon juice & parsley to the crumbs. Add mixture to the salmon. Fold in the stiffly beaten whites and steam one hour in well buttered closely covered mould.

Signe Gagnet

### SALMON POTATO CASSEROLE

Slice thinly 4 medium potatoes. Place in casserole in layers, alternating with layer of canned salmon and thinly sliced onion. Season each layer with dash of salt and pepper. Cover with molasses white sauce:

2 Tbsp. butter  
2 Tbsp. flour  
1 cup milk  
salt and pepper

Add more milk if necessary to cover. Bake 1-1/2 hours in 350° oven.

Variation: Place on top canned asparagus and grated cheese. Macaroni may be used in place of potatoes.

Mrs. E.T. Hjorten

### SOUR CABBAGE

1 medium sized head cabbage	1 tsp. salt
1/2 cup vinegar	1 Tbsp. butter or meat fryings
1 cup cream	

Cook cabbage 5 minutes. Add vinegar and salt and shortening and cook 15 minutes longer. Remove from stove and add cream.

Jessie Miller

\* \* \* \* \*

The best portion of a good man's life ~ His little, nameless, unremembered acts of kindness and of love.

Wordsworth

### HOT CRAB SALAD

3 cups crab (2 cans)  
3 cups celery, diced small  
1 cup onion, minced  
Seasoning

1 can ripe olives, minced  
1 cup mayonnaise  
1/2 cup green pepper, minced

Mix all together, as for salad. Cook in slow oven until celery is done.  
Serve on boiled rice.

Lillian Hauko

### CLAM FRITTERS

2 cups ground clams  
(optional - 1 onion ground  
and 1/2 cup bacon ground)  
2 eggs  
1-1/2 cup cornmeal

3/4 cup flour  
1 tsp. baking powder  
1 tsp. salt  
pepper

Add enough milk to make a thick batter. Mix all ingredients in large bowl and drop by spoonfulls into hot frying pan with several tablespoons grease, preferably bacon grease. Cover pan until oakes are ready to be turned.

Carol Nygaard

### CORN LOAF

1 #2 can yellow corn  
1-1/2 cup soft bread  
4 slices crisp bacon, chopped  
Salt

2 Tbsp. chopped green pepper  
2 eggs, beaten  
2 Tbsp. butter  
Pepper

Mix together corn, bread, bacon, green pepper, eggs, butter, and seasonings. Press firmly into a well buttered loaf pan. Bake during in a pan of hot water in oven 325° for 30 minutes. Turn out on hot platter. Serve with very hot, well-seasoned white sauce.

Loom Tolonen

### CALIFORNIA LUNCHEON DISH

2 beaten eggs  
1/4 cup salad oil  
2 cups cooked rice  
2 cups grated American cheese  
Salt and pepper

1/2 cup chopped parsley  
1 medium onion chopped  
1 clove garlic, minced  
1 cup top milk

Combine ingredients. Pour into greased 8" square baking dish. Bake in moderate oven, 325°.

Johanna Nielsen

### CLAM LOAF

2 lbs. ground clams  
2 cups cracker crumbs  
1 small onion  
1 Tbsp. chopped pimento  
Salt and pepper to taste

1 lb. bulk pork sausage  
1 cup milk or clam liquid  
2 eggs, beaten  
1 Tbsp. chopped green pepper

Mix ingredients, mold into loaf, and bake one hour, or until done in moderate oven.

Agnes Fremsted

\* \* \* \* \*

The great essentials of happiness are, SOMETHING TO DO, SOMETHING TO LOVE, and SOMETHING TO HOPE FOR.

-Chalmers



1 cup cooked macaroni or creamettes  
 1 cup fresh bread crumbs  
 1 cup grated cheese  
 1/4 cup melted butter  
 Dash cayenne pepper

1 green pepper, cut fine  
 1 tsp. grated onion  
 1 tsp. salt  
 1/2 pint cream

Mix half the vegetable milk and three slightly beaten eggs to the above mixture. Bake in pan over hot water 45 minutes. Top with creamed crab, fresh shrimp and mushrooms or diced chicken and hard boiled eggs, or a mixture of seafoods with a sauce made of:

1 cup cream  
 1 cup top milk

2 Tbsp. flour mixed with water  
 2 Tbsp. butter

Mix all and cook until this is thickened, add seafood and pour over first mixture and serve.

Agnes Fremstad

#### STURGEON BALLS

Put fish through meat grinder once. Then pound real hard. Add 1 Tbsp. potato flour and pound some more. Drop in 1 egg, pound again. Keep on adding milk until of the right consistency. Work well. Add salt to taste, 1 teaspoon sage. Sturgeon balls take a lot of milk and pounding with a wooden potato masher. These may be cooked several different ways: Drop carefully by the spoonfull into boiling water and cook until done; they may be fried; or they may be canned either boiled or fried.

Johanna Nielsen

#### CHEESE SOUFFLE

1/4 cup butter  
 1/4 cup flour  
 1/2 tsp. salt  
 1 cup milk

1/2 lb. pkg. nippy cheese  
 4 well-beaten egg yolks  
 4 egg whites

Melt butter in double boiler; add flour & salt, blend. Add milk, cook stirring constantly until thick and smooth. Add grated cheese; stir until blended. Add sauce to egg yolks. Carefully fold in egg whites beaten stiff but not dry. Bake in ungreased casserole in moderately slow oven (325°) 1 hour and 15 mins. Serves 6.

Agnes Fremstad

#### SPAGHETTI DINNER

1-1/2 cups spaghetti or macaroni  
 6 cups water  
 1-1/2 tsp. salt  
 1-10-1/2 oz. can vegetable soup  
 1 cup pet milk diluted with 1/3 cup water  
 1-1/2 cups grated American cheese  
 3/4 teaspoon salt  
 1/8 teaspoon pepper

} Boil together until tender,  
 } drain and rinse

Mix together and cook over boiling water until cheese is melted. Fold in spaghetti. Put in greased baking dish and arrange on top about 12 weiners. Bake at 350° until mixture is bubbly hot or about 20 mins.

Rachel Rasmussen

\* \* \* \* \*

The religion that will not stand up under an emergency will not survive eternity.

## RECIPE AND CONFECTIONS

### CHOCOLATE FUDGE

2/3 cup canned milk  
2 cups sugar

Pinch salt  
Butter, size of walnut

Boil the above ingredients to soft ball stage. Remove from heat, add 8 squares unwaxed chocolate and vanilla. Stir until thick. Walnuts may also be added.

Agnes Fremstad

### ROCKY ROAD

1 pound light dipping chocolate  
coco butter (5 ¢ worth)  
1 pound marshmallows  
Walnuts

Boil water in lower part of boiler, take from stove and add chocolate. Keep stirring until melted. Add melted coco butter to melted chocolate. Place whole marshmallows in pan which has been oiled with coco butter. Put nuts between marshmallows and pour above mixture over marshmallows when cool.

Johanna Nielsen

### SPICED WALNUTS

1 cup sugar  
1/2 tsp. cinnamon } Mix together in sauce pan  
Stir in 1/2 cup hot milk. Boil, stirring constantly, until a few drops form a soft ball when dropped into cold water. Remove from heat. Add 1-1/2 cup walnuts and 1 tsp. vanilla. Stir until mixture can no longer be stirred. Turn out on waxed paper and separate the nuts into small pieces with fingers. This must be done quickly.

Jordis Tetli

### PENUCHE

2 cups brown sugar  
1 cup water  
1/4 tsp. salt } Stir over quick heat until the sugar is dissolved.  
Boil these ingredients without stirring to the firm ball stage 248°.  
Add 1 Tbsp. butter  
Place the saucepan containing the candy in cold water. When the bottom of the saucepan is cool begin to beat the candy. Beat it until it is smooth and creamy.  
Add 1 tsp. vanilla  
1/2 cup nutmeats  
Drop by spoon onto an oiled surface or pour on greased platter and cut in squares.

Jennie Kelm

\* \* \* \* \*

There are two good rules which ought to be written on every heart:  
Never believe anything bad about anybody unless you positively know  
it is true; never tell even that, unless you feel that it is absolutely  
necessary, and that God is listening while you tell it.

-Henry Van Dyke.



## DRESSINGS and SAUCES

### FRENCH DRESSING

- |                       |                               |
|-----------------------|-------------------------------|
| 1 Can Tomato Soup     | 1/2 Tsp. dry mustard          |
| 1 Cup Salad Oil       | 1/2 tsp. Black Pepper         |
| 1 Cup Diluted Vinegar | 1 Large Onion Grated          |
| 1/2 Cup Sugar         | 1/2 tsp. Worcestershire Sauce |
| 2 tsp. salt           | 1 small piece garlic, chopped |

Combine all ingredients in a quart jar and shake like mad.

Lillian Hauke

### SWEET FRENCH DRESSING

- |                 |                  |
|-----------------|------------------|
| 1 cup salad oil | Juice 1 lemon    |
| 1/2 cup vinegar | 2/3 grated onion |
| 2/3 cup catsup  | 2 tsp. salt      |
| 1 cup sugar     | 2 tsp. paprika   |

Add all ingredients to catsup, then beat oil in slowly, last add lemon and vinegar. Do not keep in refrigerator.

Wilma England

### SAUCE FOR HAM

- 1/2 cup tart jelly (blackberry)
- 1/2 cup prepared mustard

Beat until smooth, excellent on baked ham.

Agnes Fremsted

### BARBECUE SAUCE

- |                        |                              |
|------------------------|------------------------------|
| 1 medium chopped onion | 1 Tbsp. Worcestershire sauce |
| 2 Tbsp. butter         | 1/2 tsp. mustard             |
| 2 Tbsp. brown sugar    | 1/2 cup water                |
| 4 Tbsp. lemon juice    | 1/2 cup chopped celery       |
| 1 small bottle catsup  |                              |

Brown onions in butter, add other ingredients and simmer 30 minutes. Serve hot. Good with leg of lamb or hamburgers.

Emily Olsen

### CHILI SAUCE

- |                          |                      |
|--------------------------|----------------------|
| 24 large tomatoes (ripe) | 3 cups vinegar       |
| 5 green peppers          | 3 Tbsp. salt         |
| 6 large onions           | 1 large bunch celery |
| 1 cup sugar              | 2 Tbsp. mustard seed |

Simmer two hours and seal.

Emily Olsen

\* \* \* \* \*

There are thousands willing to do great things for one willing to do a small thing.  
-George MacDonald

PICKLES AND RELISHES

BREAD AND BUTTER PICKLES

8 quarts sliced cucumbers  
3 medium onions, sliced fine  
4 chopped green peppers

Drain and add:  
2 quarts vinegar  
1/4 cup mustard seed  
2 Tbsp. celery seed  
8 cups sugar  
2 sweet red peppers (chopped)  
2 tsp. turmeric powder

Do not boil, but heat until thoroughly hot. Seal.

Rachel Rasmussen

ICICLE PICKLES

Use medium sized cucumbers. Wash and let stand in cold water over night. Slice lengthwise, pack in jars. Pour over the following: Boil

2 cups sugar  
1/2 cup salt  
1 quart vinegar

Boil well

Add a little mustard seed, celery seed, a couple of cloves, a little onion to each jar. Seal while vinegar is hot. Good in six weeks.

Lillian Hauke

SWEET PICKLES

2 gallons small cucumbers (cut in half)  
2 cups each salt (not iodized) dissolved in 1 gallon boiling water. Pour over cucumbers and let stand 7 days, then drain off. Dissolve 1 Tbsp. alum in 1 gallon boiling water, pour over cucumbers and let stand 24 hours, drain off. Pour over cucumbers one gallon fresh boiling water, let stand 24 hours, then drain.

6 cups sugar  
5 pints vinegar  
1/2 oz. celery seed  
1/2 oz. mixed spices  
sugar, vinegar and pour heat on cucumbers.  
Do this 3 mornings, adding 1 cup sugar each morning. Put a piece of cinnamon bark in each quart jar, pack with cucumbers, heat syrup and pour over. Seal jars. Can be used within a week.

(These can be kept for two years and STAY CRISP)

Jennie Reim

DILL PICKLES

1 quart vinegar  
3 quarts water  
Dill weed

1 cup salt  
1 Tbsp. alum

Boil all together and pour over cucumbers. Pack loosely packed in jars. Put in some salt water and seal. Pickles will be ready in about six weeks.

Evelyn Goldie



### WATERMELON PICKLES

Peel watermelon rinds and sprinkle with alum and let stand over night. Wash alum off in the morning. Boil together 2 quarts vinegar, 1 quart sugar, 1 Tbsp. whole cloves, until syrup. Drop rind of melon into syrup letting it boil until tender. Pour all together into jar until next morning, then drain syrup off and boil well, repeating three mornings, eachtime pouring over pickles. Seal the third morning.

Evalyn Goldie

### GREEN TOMATO RELISH

24 green tomatoes (chopped and drained over night)  
4 green peppers chopped  
2 red peppers chopped  
8 large onions  
3 cups sugar  
4 cups vinegar  
2 Tbsp. salt

Cook all together and seal. These ingredients may all be put through the food chopper.

Evalyn Goldie

### SACCHARIN SWEET PICKLES

1 cup sugar  
1 cup rock salt  
1 cup dry mustard  
3/4 oz. saccharin

Mix together and pour over cucumbers that have been washed and packed into jars. Seal tight and let stand about two weeks before using. Small cucumbers are the best.

Grace Sisson

### PICKLED PRUNES

7 lbs. prunes  
4 lbs. sugar  
1 pt. vinegar

1 heaping Tbsp. whole cloves  
1 " Tbsp. whole allspice  
3 or 4 sticks cinnamon bark

Prick prunes. Boil vinegar, sugar and spices, and pour over uncooked prunes three different mornings. Bring prunes to boil with mixture on the last morning. Lift prunes out, let liquid boil thoroughly, and pour over prunes. Not necessary to seal.

Madeline Kvistad

### PEAR DELIGHT (PRESERVE)

4 lb. hard pears  
4 oranges (skin and all)

large can pineapple (no juice)  
12 cups sugar

Let stand overnight. In morning let cook 1-1/2 hours. Then add medium sized jar of maraschino cherries and juice. Cook 1 hour longer. Nuts may be added just before taking off fire.

Olga Henningsen

\* \* \* \* \*

No one knows what he can do till he tries.

-Publius Syrus



### PLUM CONSERVE

1 Gal. stoned plums  
1 pound dates  
3 oranges, (peeled and cut fine)  
1/2 pound walnuts  
5 pounds sugar

Boil all together except the nuts, which are added just before putting in jars. Boil until slightly thickened.

Mrs. A. Kvistad

### GREEN TOMATO RELISH

1/2 peck green tomatoes	}	Cut fine and let stand 20 minutes in 1 quart vinegar
6 green peppers		
6 red peppers		
6 large onions		

4 cups corn syrup  
2 whole cloves  
2 sticks cinnamon bark  
2 tsp. each salt, whole mustard seed,  
and celery seed

Cook together until thick and seal.

Eleanor Rasmussen

### PICKLED SALT SALMON

Soak a 3 or 4 lb. piece of salt salmon in fresh water 24 hours or longer, depending on how heavy the fish was salted, change water often. Then remove the skin and cut fish in 1-1/2 inch cubes. Place a layer of fish and a slice or two of onion, repeating until a 2 qt. jar is full. Heat 1/2 cup sugar, 2 cups vinegar, 1 cup water, 3 bay leaves (broken into small pieces), 1 level Tbsp. whole cloves, 1 level tsp. celery seed, 1 level tsp. mustard seed. Let stand until cold and pour over fish and cover. This need not be sealed. Let stand 10 days, then ready to eat. Keeps a long while in a cool place or refrigerator.

Jennie Kelm

### PICKLED HERRING

Remove skin, cut herring in half, remove bones. Cut in small pieces. In a wide mouth jar put a layer of herring, layer of sliced onions until all fish is used. Sprinkle pickling spice over few of the layers, avoiding too many red peppers. Mix about 1/3 cup water and 2/3 cup vinegar and pour over layers, enough to cover, and let stand 2 or 4 days before using. Four herring along with sliced onions will fill a quart jar.

Lenore Hauke

\* \* \* \* \*

He that cannot think, is a fool;  
He that will not, is a bigot;  
He that dare not, is a slave.

- Inscription on the wall of  
Andrew Carnegie's Library

\* \* \* \* \*



## HOUSEHOLD HINTS

One teaspoon vinegar added to boiled meat while cooking makes meat tender.

\* \* \* \* \*

In filling hot jars with hot food always place jar on a cloth that is in a shallow pan that has hot water in it. You will never break a jar from change of temperature.

\* \* \* \* \*

To prevent a hot jar from breaking after filling with hot food, place it on several thicknesses of newspaper and cover with a dish towel so that no cold draft hits jar.

\* \* \* \* \*

To keep boiled icing from sugaring, add a pinch of salt to sugar before mixing other ingredients.

\* \* \* \* \*

To keep bottom pie crust from becoming soggy, coat with the white of an egg.

\* \* \* \* \*

To remove iron rust, use lemon juice and cream of tartar. Rub on both sides and put in sun.

\* \* \* \* \*

To remove iodine stains from white cloth, soak overnight in cold water and wash out in warm soap suds.

\* \* \* \* \*

If a drawer or door sticks, rub the sticking parts with soap.

\* \* \* \* \*

To remove chewing gum from clothing, rub with a piece of ice and it will scrape easily.

\* \* \* \* \*

To keep your hosiery from blowing around on the clothesline, hang by the toes, then clip the top ends together with snap clothespins.

\* \* \* \* \*

If you have no sour milk, use sweet milk adding 1 Tbsp. vinegar to each cup.

\* \* \* \* \*

When there is no cooking chocolate use cocoa, using 1/3 cup cocoa for each 1 oz. square unsweetened cooking chocolate called for in recipe. Also add 1/2 Tbsp. shortening for every 1/3 cup cocoa used.

\* \* \* \* \*

Probably he who never made a mistake never made anything!  
Samuel Smiles



If you want to make good pie crust use water as if it cost \$1000 a drop.

\* \* \* \* \*

To make good biscuits make your dough as wet as you can handle it and knead lightly about one minute.

\* \* \* \* \*

To remove scorch on non-washable materials, if stained material is white lay a cloth dampened with hydrogen peroxide on the stain. Then place a dry cloth on top and press with a warm iron; replace top cloth as it becomes damp. If fabric is fast color, rub stain with salt and lemon juice.

\* \* \* \* \*

To remove fingernail polish from washable materials, sponge white or color-fast fabrics (except rayon) with acetone or nail-polish remover. Do not use acetone on rayon. Equally effective, and safe on any fabric, is carbon tetrachloride and banana oil applied alternately.

\* \* \* \* \*

To remove mud from non-washable materials, brush out dry mud. If material does not water-spot, sponge with cold water. Sponge spot with denatured alcohol. (Dilute with 2 parts water for use on acetate rayon).

\* \* \* \* \*

To remove perspiration from non-washable materials, if material does not water-spot, sponge with water and white vinegar. To remove perspiration odor sponge with diluted white vinegar and work powdered pepsin into stain. Let stand 1 to 2 hours, keeping spot moist. Then brush off powder and sponge with water.

\* \* \* \* \*

To remove grass and flower stain from non-washable materials, sponge grass stain with benzene or denatured alcohol (diluted with 2 parts water if used on acetate rayon).

\* \* \* \* \*

To remove ink from non-washable materials, while ink spot is fresh, apply absorbent such as French chalk, corn meal, or talcum powder. Brush off and apply new powder until no more ink is absorbed. If spot remains make a paste of absorbent and water, and apply to spot. When dry, brush out.

\* \* \* \* \*

To remove ink from washable materials, rinse in cold water. Use a household bleach or commercial ink remover. If brown spot remains, apply lemon juice or white vinegar. Soak in hot suds, launder.

\* \* \* \* \*

A small sprinkle of cinnamon in your carrots while cooking will give them a very good and different taste - try it!

\* \* \* \* \*

Everything comes to him who hustles while he waits. - Thomas A. Edison

*Washables  
Perspiration  
shampoo*